

Adapt of Missouri
ITCD

Arthur Center
ITCD

Bootheel Counseling Services
ITCD, DBT

Burrell Behavioral Health
ACT, ACT-TAY, SPECIALTY
TEAMS, ITCD, DBT

BJC Behavioral Health
ACT TAY, ITCD, DBT

Clark Mental Health Center
ITCD

Compass Health
ACT, ACT-TAY, SPECIALTY
TEAMS, ITCD, DBT

Community Counseling Center
ITCD

Comprehensive Health Systems
Inc.
ITCD

Comtrea
ITCD, DBT

Family Counseling Center
ITCD

Family Guidance Center
ITCD

Hopewell
ACT TAY, ITCD

Independence Center
ITCD

Mark Twain Behavioral Health
ITCD, DBT

Mineral Area
ITCD

New Horizons
ITCD

North Central MHC
ITCD

Ozark Center
ACT, ACT-TAY, ITCD, DBT

Ozarks Healthcare
ITCD

Places for People
ACT, FACT, ITCD, DBT

Preferred Family Healthcare
ACT TAY, ITCD, DBT

ReDiscover
ITCD, DBT

St. Patrick Center
ACT

Swope Health Services
ITCD

Tri-County Mental Health
ITCD, DBT

University Health
ITCD, DBT

Evidence Based Services Newsletter

- **ASSERTIVE COMMUNITY TREATMENT (ACT) WEB PAGE—[CLICK HERE](#)**
- **INTEGRATED TREATMENT FOR CO-OCCURRING DISORDERS (ITCD) WEB PAGE—[CLICK HERE](#)**
- **DIALECTICAL BEHAVIOR THERAPY (DBT) WEB PAGE—[CLICK HERE](#)**

SUMMER 2022

EDITION 4

Hello from DMH by Lori Norval

Greetings Evidence-Based Practice teams! I hope you are able to enjoy the summer months with some time off for relaxation and enjoyment. The unfortunate heat may have put a dent in some plans, but perhaps this means an early fall for us! We can only hope.

I wanted to take a moment to share where we are in Missouri with the evidence based services across the state as it stands this summer. We are so proud of the array of services available to vulnerable individuals with mental illness and substance use. The transdisciplinary ACT (Assertive Community Treatment) teams, multidisciplinary ITCD (Integrated Treatment for Co-Occurring Disorders) teams and the counseling based DBT (Dialectical Behavior Therapy) services are all alive and well across most counties of the state. Following is a status update on all of them.

There are 26 total ACT teams in Missouri provided within eight different agencies. These include agencies deemed CCBHO, non-CCBHO and affiliate agencies. Nine of these teams serve adults only (age 18 and up), 12 serve transition age youth (TAY) age 16-25, four are specialized teams serving age 16 and up who are women with co-occurring disorders who have small children at risk of being removed from the home. One TAY team is exclusively serving all individuals with co-occurring disorders. One team is slated to move toward being a "mixed" team, serving both TAY and adult individuals in the near future and one of the TAY teams is specializing in first episode psychosis (FEP).

There are 49 ITCD teams providing services from within 28 different agencies.

These also are a mix of CCBHO, non-CCBHO and affiliate agencies. All are adult (age 18 and up) ITCD teams. The department did partner with one agency several years ago to attempt to provide "TAY ITCD" under the evidence based SAMHSA model for ITCD but the venture was unsuccessful for a variety of reasons. No further plans are in place to do TAY ITCD until more quality information nationwide can be considered.

New to the array of evidence based fidelity reviewing this year is DBT. At present there are 12 agencies providing DBT in some form, with services provided at several locations within Missouri. An exact count of how many adult and adolescent "teams" exist is underway as fidelity reviewing will provide this more detailed information. All teams revolve around the key player of the DBT team, which is the DBT trained counselor. Some teams have one or more of these counselors.

In an effort to grow DBT in Missouri, DMH offered an opportunity for grant funding to increase the number of staff qualified to provide DBT as well as to fund the needed training for providers. The hope is to reach long standing goals of expanding DBT services to more individuals in need and offer the required trainings for teams.

Other evidence based teams will benefit from relevant training opportunities by both state and national trainers this summer, including IRT/FEP and Harm Reduction trainings. We are hoping the workforce shortage issues will continue to ease so that these critical teams can be fully staffed and ready to serve maximum numbers of individuals in need.



To find past issues of the Newsletters go to the DMH web pages at:

<https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/provider-act>

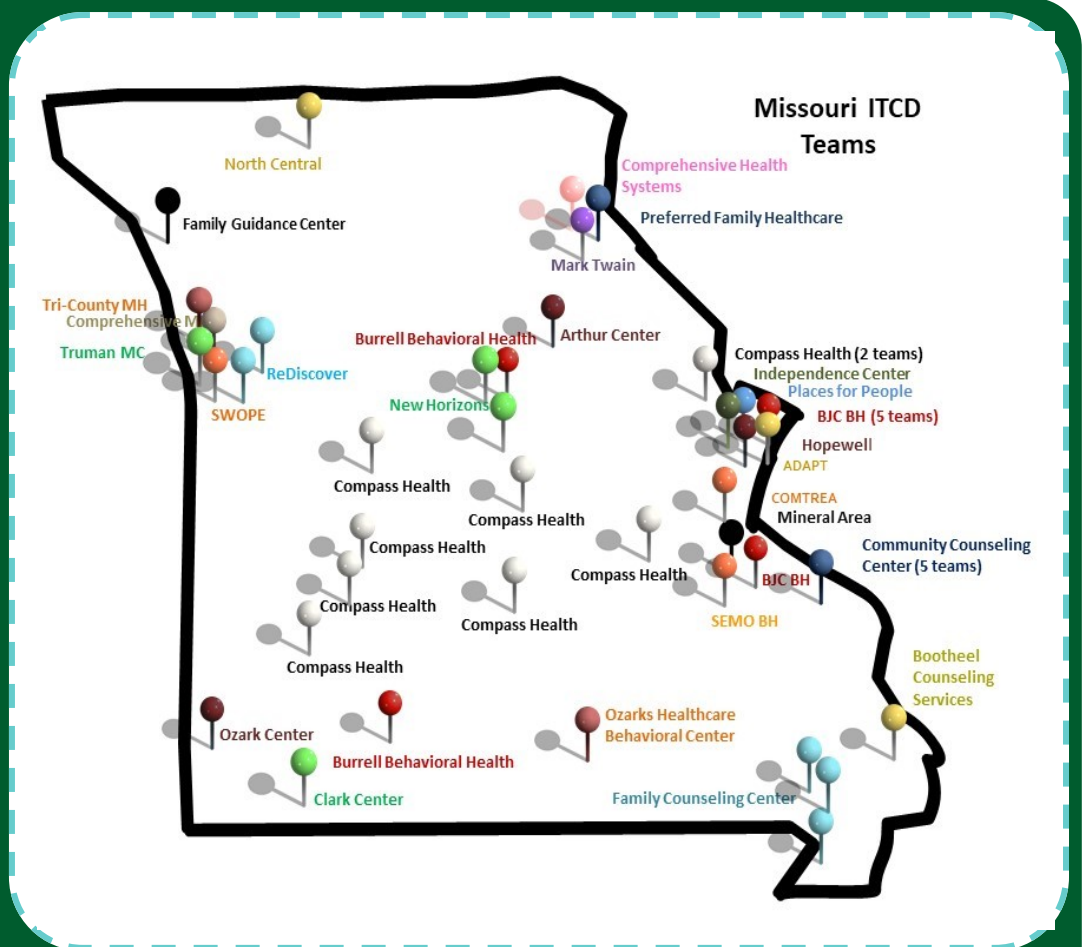
Or

<https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/itcd>

Scroll down to “newsletters” and find your archived online copy!

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PEARLS

The Program to Encourage Active, Rewarding Lives (PEARLS) has been proven effective in treating depression for older adults. A recent PEARLS study also shows promising data about addressing social isolation and loneliness.

Evidence-based programs, such as PEARLS, have been rigorously tested in controlled settings, proven effective in multiple settings, and translated into practical models that can be delivered in community and clinical settings outside of the research study.

PEARLS is designed to take into account the real-world strengths and challenges organizations face when delivering the program, such as staffing and competing priorities.

The University of Washington Health Promotion Research Center and its community partners have collaborated on various PEARLS research projects, including research that developed the pro-

gram and tested its effectiveness. The center and its partners also research how to adapt, deliver, and sustain PEARLS.



Click here to learn more:

<https://depts.washington.edu/hprc/programs-tools/pearls/pearls-details-faqs/evidence-behind-pearls/>

TEAM MEMBER SPOTLIGHT

Name: Charlotte Jones

Team/Location: ACT-TAY Jefferson City

Position/Role: Team Lead

Favorite thing about working on an EBP team: The concept of sharing a caseload and team wrap-around

Favorite Food or activity: Steak

Something to share with other EBP teams: It takes time to learn all aspects of ACT-TAY. The good thing is we have so much support along the way.

For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<https://dmh.mo.gov/mental-illness/provider/act>

And click on ACT & Transition Aged Youth

Harvard for Developing Child <https://developingchild.harvard.edu/>

The National Child Traumatic Stress Network <https://www.nctsn.org/>

ITCD Toolkit from SAMHSA

<https://www.samhsa.gov/resource/ebp/integrated-treatment-co-occurring-disorders-evidence-based-practices-ebp-kit>

Fidelity Corner

ITCD Eligibility and Consumer Identification

Item G2 in the GOI protocol is about determining if the agency is providing screenings for all individuals who might be eligible for ITCD services. Typically this happens at admission into services with the agency or at least at admission to CPRC case management services. The agency should be using a standardized tool or admission criteria that is consistent with this evidenced-based practice. Individuals in the service area are identified as eligible and the tool or method of identification needs to be explicit and systematic for every consumer.

Criteria for ITCD treatment includes the presence of a severe and persistent mental illness, synonymous with the diagnostic and functional criteria of CPRC services. Secondly, the presence of a substance use disorder, accurately diagnosed, should be evident, preferably in the early treatment stage of change. However, a person's stage of treatment may range from early to late stages, regardless of the stage of change for each disorder, and should be determined at admission to ITCD.

An individual may be diagnostically and functionally appropriate for ITCD per their record but after a discussion with the individual it may be evident they are ambivalent about seeing anyone else in the agency except for a case manager or prescriber and expresses no interest in groups, 1:1 sessions or any sort of engagement into the ITCD program. If referred, there is risk of non-engagement or dropping out of services quickly. Therefore, after the specialist explains thorough, appropriate information with them about how ITCD is designed specifically for someone who is eligible, and that a multidisciplinary team approach is a much more successful treatment ap-

proach than parallel treatment, the team may decide the individual would still not benefit from ITCD and chose to keep them in CPRC services, refer them to in-patient services, out-patient therapy only or CSTAR. Re-screening for ITCD can occur at a later date, when the individual is more open to what the treatment the team has to offer.

In that case, the agency's current treating staff should continue to try and use MI to work with that individual toward willingness to try ITCD. The agency keeps track of who is eligible to get an idea of how big the program needs to be to be able to fully serve 80% of those identified as eligible from the CPRC total population in that service area.

You can receive specific technical assistance from the DMH fidelity team. They are happy to assist!

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Evidence Based Practices (EBPs) and Core Competencies

By: David Lynde, MSW

Mental Health Consultant & Trainer

Sometimes providers of services, agencies and mental health systems are challenged in keeping up with established Evidence Based Practices (e.g., Assertive Community Treatment, Supported Employment, Co-Occurring Disorders Integrated Treatment, Illness Management and Recovery) while on-boarding newer emerging practices (e.g., First Episode Services, Trauma Informed Care). Though the value of having research supported practices is unquestionable, it also produces challenges with developing policies and procedures as well as training opportunities that facilitate (and do not hinder) the use of practice by providers of services.

Rather than focusing exclusively on single training events for each specific practice, an effective strategy regarding planning and providing staff development and training is to focus on common core skills or strategies that are woven into many different EBPs. This method allows an agency or a system to train several staff members from different teams (and different practices) at the same time.

Some of the more common core skills and strategies include Person-Centered Planning, using the Stages of Change (Transtheoretical)

Model, basic Cognitive Behavioral Therapy strategies and basic Motivational Interviewing skills and strategies. Additional strategies and skills that seem to cut across many practices also includes Assertive Outreach strategies, Engagement strategies, as well as providing and integrating Peer Support Services.

Many team-based practices (e.g., ACT, ACT/TAY, SEE and FEP) also rely on providers having the skills and training to provide integrated transdisciplinary team-based services facilitated by team based regular meetings and team-based supervision strategies.

Agencies, systems, or teams of providers might consider developing a staff training and development plan that incorporates identifying areas of strengths with core competencies and areas where focused improvement of skills and strategies are needed. Staff members with strong core skills as well as people with lived experiences in participating in services might take a role in providing didactic training to other staff as well as providing shadowing, mentoring and consultation opportunities for others to enhance their abilities to deliver effective services to best support people in services with their resiliency and recovery journeys.



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**Online Manuals:**

<http://navigateconsultants.org/manuals/>

Find out more about the TMACT here:
<http://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>

At the Institute for Best Practices

Have questions about WRAP trainings?

Contact

lori.franklin@dmh.mo.gov

Be sure to check out our training library links on these web pages under "Training Library" Click one below:

[ACT](#)

[ITCD](#)

[DBT](#)



RESOURCES



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<http://navigateconsultants.org/manuals/>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Division of Behavioral Health Employment Services

<https://dmh.mo.gov/mental-illness/employment-services>

IPS Employment Center

<https://ipsworks.org/>

Certified Peer Specialist

<https://dmh.mo.gov/mental-illness/peer-support-services>

SSI/SSDI Outreach, Access and Recovery (SOAR)

<http://soarworks.prainc.com/>

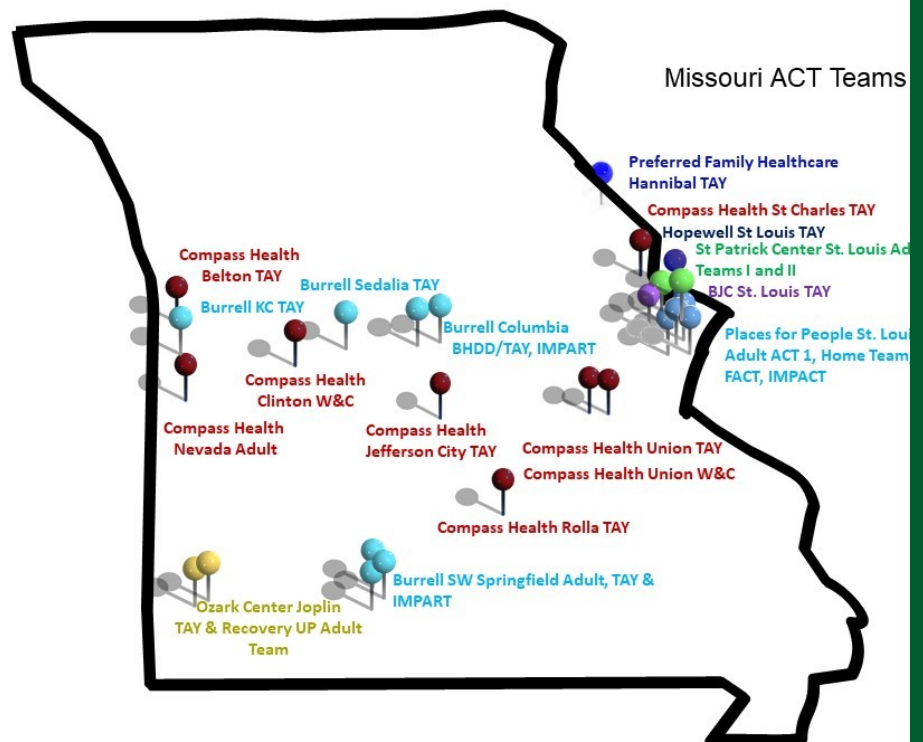
Institute for Best Practices (TMACT website)

<https://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/>

Missouri Children Trauma Network <https://www.mocn.com/>

Healthy Families of America

<https://www.healthyfamiliesamerica.org/>



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To access the free and downloadable **Supported Housing Toolkit** on the Substance Abuse and Mental Health Services Administration (SAMHSA) website:

[CLICK HERE](#)



Take the free **SOAR** online training course by visiting

<http://soarworks.prairinc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training>

Free Training Opportunity: Benefits and Work Made Simple (CEU's available)

Registration Link / Additional Info: <https://cvent.me/43ElGK>

The free training plan will consist of three (3) training webinars for employment specialists, case managers and supervisors. The first session, "Benefits and Work Made Simple", provides basic concepts about SSDI, SSI, Medicare and Medicaid (MO HealthNet) and how work affects them, so that participants can use the information to encourage people they serve who have benefit concerns to consider working or increasing their earnings. The session also informs participants how they can refer individuals to benefit specialists for intensive assistance regarding work and benefits. The second and third sessions will be live case studies featuring real individuals – one of whom receives SSDI benefits and one of whom receives SSI. The case studies will draw on concepts and fact sheets used during the Benefits and Work Made Simple training, and put them into practice with real people. All of the trainings will be virtual! All trainings are optional, you do not have to attend all of them to get CE's.

- o **Live Case Study- SSDI I July 19**
- o Time: 2:30pm- 4:00 pm
- o Interview participant to identify benefits, earnings or earning goals and benefit concerns
- o Discuss and explain to participant work incentives that may be helpful
- o Address concerns and myths the participant may have about work and benefits

- o **Live Case Study- SSI I July 25, 2022**
- o Time: 2:00 pm- 3:30 pm
- o Interview participant to identify benefits, earnings or earning goals and benefit concerns
- o Discuss and explain to participant work incentives that may be helpful

Address concerns and myths the participant may have about work and benefits

Missouri

Evidence Based Services
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NAMI Support
Group listings
can be found at:
<https://namimissouri.org/support-groups/>



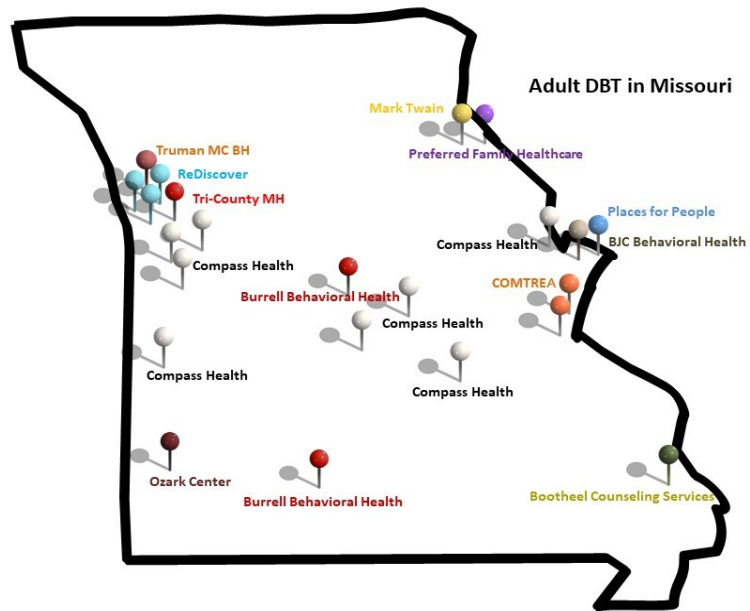
DBT website—information,
membership, training events,
certification, directory,
resources, links and support!

[Click Here](#)



Supporting Excellence in Behavioral Health
60 YEARS

<http://www.nasmhpd.org/content/early-intervention-psychosis-eip>



2022 VIRTUAL TIERED SUPPORTS SUMMIT

Nurturing Healthy Communities

Family Sessions - July 16, Professional Sessions—July 27-28
Beginning at 9:30am

WHAT IS TIERED SUPPORTS?

Tiered Supports (TS) is a DMH sponsored statewide consultation process focused on helping organizations develop systems to support positive practices for improved services. TS offers tools and resources to reduce risk and increase quality of life when supporting people with developmental/ intellectual and behavioral health diagnosis. Discover more at:

<https://dmh.mo.gov/dev-disabilities/tiered-supports>

DIVISION OF
DEVELOPMENTAL
DISABILITIES



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If you have any questions about further developing Motivational Interviewing in your practice, feel free to contact Scott Kerby. He has information on free and cost effective products and can help with your Motivational Interviewing needs.

skerbyconsulting@gmail.com

Past issues of the DMH "FYI Fridays" by Nora Bock can be found at:

<https://dmh.mo.gov/mental-illness/fyi-fridays>

DBT fidelity reviewing is underway in 2022! Reviews occur for adult and adolescent programs once every 2 years. Check to see in what month/year your team is scheduled by contacting Lori Norval lori.norval@dmh.mo.gov

Motivational Interviewing Corner

By Scott Kerby

I often get asked for recommendations on Motivational Interviewing resources. There is a lot of information and material available, with varies degrees of quality and usefulness. This quarter I want to share with you some updated MI resources that might be helpful to your teams. We will divide this into paid and free resources. Here you go, some of my favorite MI resources to help you and your teams.

Recommended and New MI Books

Listening Well: The Art of Empathic Understanding by William R. Miller

Integrating Motivational Interviewing and Cognitive Behavior Therapy in Clinical Practice by Melanie M Iarussi

Motivational Interviewing is Social Work Practice (2nd Ed) by Melinda Holman

Motivational Interviewing for Working with Children and Families by Donald Forrester, David Wilkins, and Charlotte Whittaker

On Second Thought: How Ambivalence Shapes Your Life by William R. Miller

Motivational Interviewing with Adolescents and Young Adults (2nd ed) by Slyvie Naar

Motivational Interviewing with Offenders: Engagement, Rehabilitation, and Reentry by Jill D. Stinson and Michael D Clark

Coming in October—**Motivational Interviewing in Health Care (2nd Edition):** Helping Patients Change Behavior

(My #1 Recommended book) **Building Motivational Interviewing Skills** (2nd ed) by David Rosengren

Free Recommended Websites and MI Videos

Free ATTC 4 hour self paced course. (One of the better online trainings I have taken). <https://attcnetwork.org/centers/global-attc/event/tour-motivational-interviewing-healthknowledge-online-course>

Motivational Interviewing at Oregon Voc. Rehab (Good Youtube series of videos) <https://www.youtube.com/channel/UCcpj2O2FIuPxKqHxZGQrpAw>

eSym YouTube Channel—Several very good MI videos <https://www.youtube.com/channel/UCIT76ILrLUL5ktcPTnk8yjQ>

MI with Survivors of Intimate Partner Violence-Demonstration <https://www.youtube.com/watch?v=P3JUXQ4kkHs>

Bill Miller—Lifting the Burden in Motivational Interviewing <https://www.youtube.com/watch?v=SsNgZ47o2I4>

Steve Rollnick—The Righting Reflex <https://www.youtube.com/watch?v=17qHqklweYM>

Terri Moyers—The Four Processes of Motivational Interviewing <https://www.youtube.com/watch?v=4Hrz9tLUUw>



Arts & Literature



Expression



Creativity

Heaven gained the most beautiful angel. I am so blessed to have you not only as my mother but my best friend and more importantly as my soulmate. I am glad that you are no longer in pain or suffering. Life will never be the same without you. There is a hole in my heart that only you could fill. So many wonderful memories that have been created.

For example... When you worked at Price Chopper you would wake me up super early and take me with you because you had to get everything ready to open the bakery and the first thing you always did was make fresh Asiago Cheese Bagels because you knew they were my favorite thing. I sat on a bucket of icing and ate it while we would talk and laugh about the stupidest things until it was time for you to take me to school. One time you even let me page the manager over the intercom. That was so nerve racking but super fun at the same time. One of the more recent and funny memories happened when it was raining and muddy outside. You were trying to get in the car (SUV) and you fell and landed directly in the big puddle of what was muddy water. I went inside to have KC come outside and help and as I was on the phone with 911 he brought you a blanket to try and keep you warm. You were not upset about the fact that you just fell but about the blanket getting dirty. We laughed about it the following day but also as it was happening.

Your eyes shined so bright. Your smile could light up an entire galaxy. Your laugh was one of the most beautiful sounds. You always put everyone else above yourself. Looking at you always made me feel safe and at home. You were really stubborn but that just made life more fun. You always lit up my mood in the

best way. Your love was unconditional. GOD would never have given me a life that he knew I wouldn't be able to handle. You liked to start a conversation with a complete anger and it would seem like you knew them for a lifetime but in reality you just met them not even 30 seconds ago.

Sometimes things got dull but you were the light at the end of a dark tunnel that was the life I was living. You were my rainbow after it rained. The colors in heaven are so much brighter and more vibrant than anything could ever be here on earth. Oakley is going to grow up and know what a beautiful human being you were not only on the inside but the outside as well. I am so glad you got to hold her for even a minute or two. When you held her the look of pure joy in your eyes was a sight I will never forget. You were one of the very few people I could tell anything to.

We have had our ups and downs like any other mother and daughter but we always came back stronger. I hope I am making you proud. As I continue to grow older I hope to be even a quarter of the wonderful person you were. When you looked at me I could tell in your eyes just how much unconditional love you had for not only me and Amanda but for everyone you knew. I wish I could hear you say "I love you Lana". No words can describe the emptiness I feel in my heart knowing that I will never be able to hug you or kiss your forehead as I tell you you're beautiful.

You had a heart of gold. You will never know how much of an impact you had on everyone that you knew whether it be family or a complete stranger. I love you mommy. ~~By Alayna Adamson to her mother, Robin



Arts & Literature

Expression



Creativity



ITCD Tree— "Alani"

Submitted by Community Counseling Center ITCD
Teams

Send your person's served art (photos, photos of artwork, testimonials, poems, etc.) to Lori Norval at lori.norval@dmh.mo.gov for submission to this newsletter. Please indicate if the individual wishes to be named along with the team they receive services from. Thank you!